



Meet Our Team



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Founder & Director



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www.blossomingclematistherapy.com

IMAGINATION AS GROUNDING



Choose a power source you feel connected to and that will never deplete



Choose a color- your favorite or one connected to your power source



Visualize a stream of light moving through your body, starting at your head going down your entire body finishing with your toes



As the light moves through you, visualize it taking with it any negative energy or tension

PROGRESSIVE MUSCLE RELAXATION

This activity focuses on tensing and relaxing muscles slowly and methodically. It allows the generation of the relaxation response without conscious thought. It can increase a feeling of control and influence over the body, even when it feels out of control.



1

Focus on one muscle group at a time, tensing the muscles, holding for 10 seconds, then releasing. Breathe in when tensing, breath out when releasing.

2

Start with your feet, move to your legs, stomach, arms, chest, shoulders, face, and end with tensing the entire body then releasing.

3

If unable to devote more than 10 minutes to this, focus on tensing and relaxing just feet & legs and/or arms & hands.

ABOUT US

Our providers are passionate about providing services to underserved populations and working to eliminate the barriers that are often encountered when attempting to obtain compassionate therapy services.

We believe therapy does not have to be a "forever" experience and the timeline can be different for each person. It's important to identify clear goals so that the "success point" or "big picture goal" is clearly understood by everyone. We want to ensure that we know where you are starting, where you want to get to, and what everyone involved needs to do to facilitate the growth and development process.

WHY BLOSSOMING CLEMATIS?

The Clematis flower is said to symbolize wisdom, mental acuity, aspiration and mischief. To reach towards the sky, they reflect strength and resilience by breaking apart and sprouting new tendrils to complete their journey. Similarly, the path to personal development can be achieved by harnessing the mischievous and creative strength of the Clematis.

INSURANCE ACCEPTED



SLIDING SCALE
AVAILABLE